

Step Ahead Series

Together to a bright future

Connect 4

First Term



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Part 1 Revision on Structures

Present Simple Tense زمن المضارع البسيط

Affirmative الإثبات	Negative النفي	Interrogative الاستفهام
I → like	I → don't like	Do → I like?
He } She } likes	He } She } doesn't like	Does { he like? she like? it like?
It } You } We } like	It } You } We } don't like	Do { you like? we like? they like?
They }	They }	

The present continuous tense (زمن المضارع المستمر)

Affirmative الإثبات	Negative النفي	Interrogative الاستفهام
I → am reading	I → am not reading	Am → I reading?
He } She } is reading	He } She } isn't reading	Is { he reading? she reading? it reading?
It } You } We } are reading	It } You } We } aren't reading	Are { you reading? we reading? they reading ...?
They }	They }	

1 Choose the correct answer:

- ① He doesn't (has – have – having) his lunch at home.
- ② Salma doesn't (wash – washes – is washing) her clothes.
- ③ Does Ibrahim (watch – watches – watching) TV at night?
- ④ She's (have – has – having) lunch now.
- ⑤ The bird (flies – fly – is flying) at the moment.
- ⑥ Does she (brush – brushes – is brushing) her hair daily?
- ⑦ Fady (does – is doing – do) his homework now.

Revision

- 8 We don't (walking – walk – walks) to school. We go by bus.
- 9 Do Ali and Hosam (help – helps – helping) their father?
- 10 Look, he (climbs – climbing – is climbing) the tree.
- 11 My mother (cooking – cooks – is cooking) lunch now.
- 12 Mohsen (doing – do – does) his homework in the evening.
- 13 He's (walk – walks – walking) to his office.
- 14 She (has – have – having) dinner with her family.
- 15 He (is riding – ride – rides) his bike on Fridays.
- 16 Mohamed is (help – helps – helping) an old man cross the street.
- 17 Noha (write – writes – is writing) her homework every day.
- 18 I (thinking – think – thinks) you are a clever pupil.
- 19 They (are playing – have playing – is playing) basketball.
- 20 We (are drinking – drink – drinks) milk every day.
- 21 They (eating – eat – eats) all their sandwiches.
- 22 Do you (speak – speaks – speaking) loudly in class?
- 23 Look, rabbits (is eating – have eating – are eating) carrots.
- 24 He doesn't (work – works – is working) in the afternoon.
- 25 Listen, birds (sing – is singing – are singing).

2 Complete the following sentences using: don't – doesn't

- 1 I like koshari.
- 2 She go to school late.
- 3 We watch TV in the morning.
- 4 They go to school on Saturday.
- 5 You waste your time.
- 6 He walk to school.
- 7 It eat grass.
- 8 Heba make her bed.
- 9 Islam get up late.
- 10 I speak in class.

3 Make questions as in the examples:

- | | |
|------------------------------|------------------------|
| ① They like fish. | ➤ Do they like fish? |
| ② He likes apples. | ➤ Does he like apples? |
| ③ Omar cleans his shoes. | ➤ |
| ④ Mai brushes her hair. | ➤ |
| ⑤ We help our teachers. | ➤ |
| ⑥ I love my school. | ➤ |
| ⑦ The parrot speaks loudly. | ➤ |
| ⑧ They write their homework. | ➤ |
| ⑨ You love your parents. | ➤ |
| ⑩ Soha drinks lemonade. | ➤ |

(and - or)

- ◆ I like tea **and** coffee. ◆ I don't like snakes **or** spiders.

4 Complete the following sentences using: **and - or**

- ① He likes football basketball.
- ② She likes drawing reading.
- ③ Nahla doesn't like tea coffee.
- ④ I like bananas apples.
- ⑤ Ahmed can't swim fly.
- ⑥ Noura can't read write French.
- ⑦ My sister doesn't drink milk lemonade.
- ⑧ I don't go to the club the park on school days.
- ⑨ He can run jump.
- ⑩ Some birds can walk fly.
- ⑪ Samira likes cooking watching TV.
- ⑫ Rabbits can walk jump.
- ⑬ He doesn't sleep eat in class.

Revision

- 14 We don't play run at home.
- 15 She brushes her teeth hair daily.
- 16 I like my school my teachers.
- 17 My mum cleans the flat cooks the food.
- 18 He can't play handball volleyball.
- 19 She doesn't eat her breakfast her sandwiches.
- 20 He combs his hair cleans his shoes every morning.

Verb (to be)

Affirmative			Negative		Interrogative
I	→ am	I'm	I am not	I'm not	Am I?
He	→ is	He's	He is not	He isn't	Is he?
She	→ is	She's	She is not	She isn't	Is she?
It	→ is	It's	It is not	It isn't	Is it?
You	→ are	You're	You are not	You aren't	Are you?
We	→ are	We're	We are not	We aren't	Are we?
They	→ are	They're	They are not	They aren't	Are they?

5 Complete the following sentences using: am – is – are

- 1 These her toys.
- 2 Those three boats.
- 3 it a bird?
- 4 Our school a big building.
- 5 It time to go to school.
- 6 She at school now.
- 7 What these?
- 8 He a shopkeeper.
- 9 You a good boy, Magdy.
- 10 There a rubber on the desk.
- 11 We in grade three.
- 12 There some oranges on the table.
- 13 Emad and Amr clever boys.

Verb to be in the past

was

I - He - She - It - Singular
(أي اسم مفرد)

were

You - We - They - Plural
(أي اسم جمع)

6 Choose the correct answer:

- ① My friends and I (am – was – were) vary happy.
- ② Tom (is – was – were) scary in the last play.
- ③ She (are – was – were) a tiger in the play.
- ④ The party (was – were – is) fun last night.
- ⑤ They (weren't – was – were) wet. It was raining.
- ⑥ Heba and Ola (was – were – are) at the park last Friday.
- ⑦ I (was – were – am) at the club yesterday.
- ⑧ Magda (was – were – are) at home with her family.
- ⑨ It (is – was – were) very hot yesterday afternoon.
- ⑩ We (was – were – weren't) sad. We were happy.

Past Simple Tense (زمن الماضي البسيط)

Affirmative الإثبات	Negative النفي	Interrogative الاستفهام
I He She It You We They <div style="display: inline-block; vertical-align: middle; font-size: 3em; margin: 0 10px;">}</div> played	I He She It You We They <div style="display: inline-block; vertical-align: middle; font-size: 3em; margin: 0 10px;">}</div> did not play didn't play	I play he play she play it play you play we play they play <div style="display: inline-block; vertical-align: middle; font-size: 3em; margin: 0 10px;">{</div> Did

Revision

7 Choose the correct answer:

- 1 They (go – are going – went) to the park yesterday.
- 2 Soha (cleans – cleaned – will clean) her room last evening.
- 3 My father (gives – gave – give) me his pen because I lost mine.
- 4 I didn't (write – writes – wrote) a letter to my friend yesterday.
- 5 He (thanks – thank – thinks) his teacher for what he did for him.
- 6 Her father (drives – drove – drive) them to Alex last week.
- 7 They (lives – lived – are living) in Tanta five years ago.
- 8 What did she (buys – buy – bought) yesterday?
- 9 We all (watches – watch – watched) the match last evening.
- 10 Mona (helps – helped – helping) her mother last Friday.

8 Put the verbs in brackets in the past simple:

- 1 I (run) home with my friend.
- 2 He (climb) the tree over there.
- 3 They (not play) basketball last Thursday.
- 4 We (have) lunch in a restaurant.
- 5 It (start) to rain at ten o'clock.
- 6 She (not eat) her sandwiches.
- 7 Mohamed (enjoy) yesterday's film.
- 8 He (take) the children to the park.
- 9 Ahmed (drink) his milk?
- 10 I (listen) to the news on the radio.

9 Change the following sentences into negative:

- 1 They enjoyed the trip. ➡ They didn't enjoy the trip.
- 2 We ate lunch at two. ➡
- 3 They sang a beautiful song. ➡

- ④ He left home early. ➤
- ⑤ Dina fell off her bike. ➤
- ⑥ The baby cried a lot. ➤
- ⑦ We arrived at school late. ➤
- ⑧ The teacher asked me a question . ➤
- ⑨ I wanted to go to bed early. ➤
- ⑩ They won the last match. ➤

10 Change the following sentences into questions:

- ① He walked to school this morning. ➤ Did he walk to school this morning?
- ② We learned a new rule. ➤
- ③ She did all the housework. ➤
- ④ Mai drew a nice picture. ➤
- ⑤ The sun shone at six o'clock. ➤
- ⑥ Tamer knew the answer. ➤
- ⑦ I had my lunch at school. ➤
- ⑧ He came late for school. ➤
- ⑨ It rained yesterday. ➤
- ⑩ Bell invented the telephone. ➤

Imperative الأمر

- ◆ Open your book. ◆ Don't eat in the class.

11 Choose the correct answer:

- ① (Stand – Stands – Standing) up, please.
- ② (Looks – Looking – Look) at the board.
- ③ Don't (comes – come – coming) to school late.
- ④ Don't (shout – shouting – shouts) in class.

Revision

- ⑤ (Eats – Eating – Eat) all your sandwiches.
- ⑥ (Goes – Going – Go) to bed early.
- ⑦ (Don't – Doesn't – Aren't) play football at home.
- ⑧ (Don't – Do – Doesn't) your homework every day.
- ⑨ (Don't – Doesn't – Do) speak loudly.
- ⑩ Don't (walk – walks – walking) on the grass.
- ⑪ (Don't – Doesn't – Do) the housework with your mother.
- ⑫ (Don't – Doesn't – Do) forget to pray in the morning.
- ⑬ (Read – Reading – Reads) quietly in the library.
- ⑭ (Helps – Helping – Help) your mother.
- ⑮ (Makes – Make – Making) your bed every day.

(a – an)

- | | | | | |
|------------|------------|-------------|-------------|---------------|
| - a book | - a pencil | - a girl | - a doll | - a toy |
| - an apple | - an egg | - an orange | - an insect | - an umbrella |

12 Choose the correct answer:

- ① It's (a - an) yellow bag.
- ② I have got (a - an) toy train.
- ③ There's (a - an) egg in the fridge.
- ④ I eat (a - an) apple every day.
- ⑤ This is (a - an) green board.
- ⑥ (A - An) owl has got strong eyes.
- ⑦ (A - An) elephant is a big animal.
- ⑧ There's (a - an) insect on the floor.
- ⑨ It's (a - an) green and yellow rubber.
- ⑩ Amal has got (a - an) box of colours.
- ⑪ It's (a - an) orange and yellow doll.
- ⑫ It's (a - an) red and orange bag.

- 13 She is carrying (a - an) umbrella.
- 14 I have got (a - an) good idea.
- 15 This is (a - an) new bike.
- 16 Is it (a - an) zebra?
- 17 I have (a - an) nice friend.
- 18 He's (a - an) clown. He's happy.
- 19 He has got (a - an) little house.
- 20 There's (a - an) man in the house.

13 Complete the following sentences using: a - an

- 1 Ahmed is good boy.
- 2 elephant has got long nose.
- 3 bird has got two legs.
- 4 There's apple in the fridge.
- 5 hat is on his head.
- 6 This is white telephone.
- 7 There's small bed in the room.
- 8 She's carrying school bag.
- 9 I have got poster in my room.
- 10 She has got umbrella.
- 11 She has got orange blouse.
- 12 I eat egg sandwich for breakfast.
- 13 There is apple on the table.
- 14 There is red apple in the fridge.
- 15 There's insect in the science lab.
- 16 I have orange after lunch.
- 17 He has got uncle. His name is Hamdy.
- 18 She has got aunt, but I have two.
- 19 Mariam is nice girl.
- 20 Hosam has got friend. His name is Islam.

Unit (1)

I feel good

In this unit I will

- ☐ listen, read, research, and write about foods and how to keep healthy.
- ☐ practice making sentences with and or but.
- ☐ talk about what I want to do.
- ☐ read and listen to a short story.
- ☐ distinguish long and short vowels.
- ☐ write instructions.
- ☐ research and make a presentation.

Objectives

Vocabulary	food ; bananas, chicken, grapes, mangoes, milk, onions, potatoes, rice, sugar cane, watermelon body systems ; breathe, diaphragm, esophagus, large intestine, liver, lungs, mouth, nose, pump, small intestine, stomach First-aid : band-aid, gloves, scrape
Language	- I eat vegetables and I exercise. - I want to play football, but I hurt me leg. - Prefix re-: repaint, remake, redo. - He repainted his house.
Reading	A dialog about food; a story about friends sharing their cultures.
Writing	Instructions for making something; researching, planning and writing a presentation
Speaking	A presentation about a place in Egypt
Listening	Interviews with children talking about their healthy routines.
Phonics	Long and short vowels: bag, cake, mom, nose, mix, rice
Life skills	Self-management : eating healthy, living a healthy life
Values	Appreciation of science - Respect - Tolerance
Issues and challenges	Preventative and therapeutic health Non-discrimination issues
Integrated cross-curriculum topics	Social studies : a healthy lifestyle Science : digestive system; respiratory system; a balanced diet. Math : prime numbers

Lesson 1

Main Vocabulary

الكلمات الأساسية في الدرس












foods		أطعمة	potatoes		بطاطس
bananas		موز	tomatoes		طماطم
grapes		عنب	onions		بصل
mangoes		مانجو	eggs		بيض
watermelon		بطيخ	chicken		دجاج
milk		لبن	meat		لحمة
sugar cane		قصب السكر	rice		أرز



Egypt		مصر	grow		يزرع - ينمو
farmers		فلاحين	produce		ينتج
animals		حيوانات	vegetables		خضراوات
raise - keep		يربي حيوانات	drink (n)		مشروب



meal		وجبة	lunch		الغداء
breakfast		الإفطار	dinner		العشاء

Egyptian		مصري	think		يعتقد
ready		جاهز	see		يري
made		أعد - جهّز	build		يبني
our country		دولتنا	houses		منازل
healthier		أكثر صحة <i>The vegetables are healthier</i>	feed		يُطعم
table		منضدة	get		يحصل على
like		مثل <i>Many Different vegetables like</i>	have		يتناول
Which		أي	mean		يعني

Expressions تعبيرات

special food		طعام مميز	Let's eat!		هيا نأكل!
looks delicious		يبدو لذيذاً	many things		العديد من الأشياء
for us		لنا - من أجلنا <i>My mom prepares food for us</i>	What else?		وماذا أيضاً؟
come from		يأتي من	That's right.		هذا صحيح.

Read and learn

- Mom** : Lunch is ready. I made some special food for us.
- Maged** : Mom, it looks delicious!
- Mom** : Which food comes from our country, do you think?
- Maged** : I think we grow rice in Egypt.
- Mom** : Yes, that's right. What else?
- Maged** : Hmmm, I think we raise chicken in Egypt.
- Mom** : Yes, and tomatoes and onions. Egyptian farmers produce many things you see on this table. Let's eat!
- Maged** : Yum!



- الأم : الغداء جاهز. لقد أعددت طعاماً مميزاً لنا.
- ماجد : أمي، إنه يبدو لذيذاً.
- الأم : أي من الأطعمة تأتي من دولتنا في رأيك؟
- ماجد : أعتقد أننا نزرع الأرز في مصر.
- الأم : نعم، هذا صحيح. وماذا أيضاً؟
- ماجد : هممم، أعتقد أننا نربي دجاج في مصر.
- الأم : نعم، وطماطم وبصل، الفلاحون المصريون ينتجون الكثير من الأشياء التي تراها على المنضدة. هيا نأكل!
- ماجد : لذيذاً!

What foods do we produce in Egypt?

ما الأطعمة التي ننتجها في مصر.



We produce vegetables like potatoes and tomatoes.

ننتج خضراوات مثل البطاطس والطماطم.



Unit 1

Lesson Notes

★ عند سؤال شخص عن رأيه في شيء نستخدم السؤال الآتي :

What do you think about (of)

◆ What do you think about the food?

ما رأيك في الطعام؟

↪ I think it's delicious.

أعتقد أنه لذيذ.

~~~~~

◆ Let's eat!

◆ كلمة (Let's) نستخدم للاقتراح.

ودائماً تتبع بالفعل في المصدر (مصدر الفعل هو أصل الفعل ، أي هو التصريف الأول للفعل بدون أي إضافات أي بدون إضافة (s - es - ies - ed) وهكذا.

## Exercises on Lesson 1

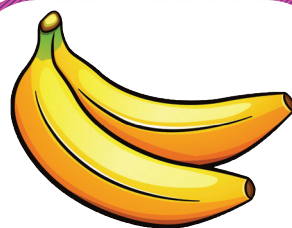
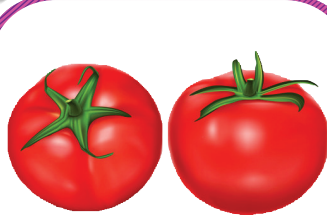
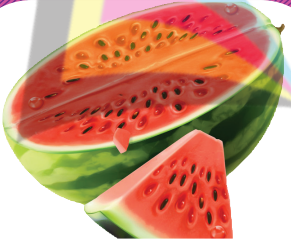
1

Write correct words under the pictures:



f .....

v .....



.....

.....

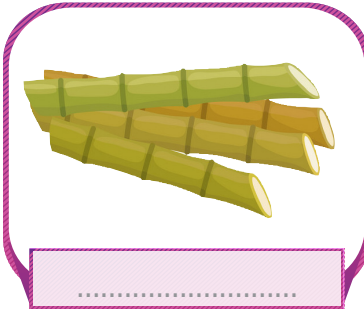
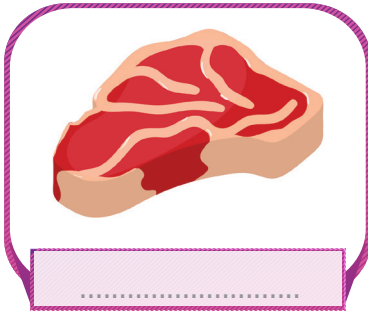
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.....

.....

.....



2

### Choose the correct word(s):

- ① We have (breakfast – lunch – dinner) in the afternoon.
- ② I drink (bananas – rice – milk) before I go to bed.
- ③ Potatoes and (onions – grapes – bananas) are vegetables.
- ④ We have (breakfast – lunch – dinner) in the evening.
- ⑤ Egyptian farmers raise (chicken – tomatoes – sugar cane).
- ⑥ Egyptian farmers grow (animals – rice – chicken).
- ⑦ We have (breakfast – lunch – dinner) in the morning.
- ⑧ The food is delicious. Let's (eats – eat – eating).
- ⑨ We get milk from (chicken – animals – sugar cane).
- ⑩ We get (onions – eggs – rice) from chicken.

3

### Read and circle the odd one out:

- ① lunch – watermelon – breakfast – dinner
- ② onions – mangoes – bananas – grapes
- ③ rice – meat – chicken – milk
- ④ tomatoes – potatoes – onions – mangoes

4

**Punctuate the following sentences:**

1 we grow rice in egypt



2 what meal are they having



3 egyptian farmers produce many things



4 what does maged think about the food



5 which food comes from egypt



5

**Look at the picture and write 3 sentences:***"The foods I like to have for breakfast, lunch and dinner."*

1

2

3





هذا الدرس يتناول كيفية عمل الجهاز الهضمي والجهاز التنفسي وسنتناول كل جهاز منهم على حده حتى لا يكون عبء على الطالب أثناء المذاكرة.







## Main Vocabulary

## الكلمات الأساسية في الدرس

|                  |                                                                                     |                 |                |                                                                                      |               |
|------------------|-------------------------------------------------------------------------------------|-----------------|----------------|--------------------------------------------------------------------------------------|---------------|
| digestive system |    | الجهاز الهضمي   | liver          |    | الكبد         |
| digest (v)       |    | يهضم            | waste          |    | بقايا - فضلات |
| mouth            |    | فم              | mix            |    | يخلط - يمزج   |
| esophagus        |    | المريء          | special liquid |   | سائل خاص      |
| stomach          |   | معدة            | nutrients      |   | مواد مغذية    |
| small intestine  |  | الأمعاء الدقيقة | fats           |  | دهون          |
| large intestine  |  | الأمعاء الغليظة | energy         |  | طاقة          |



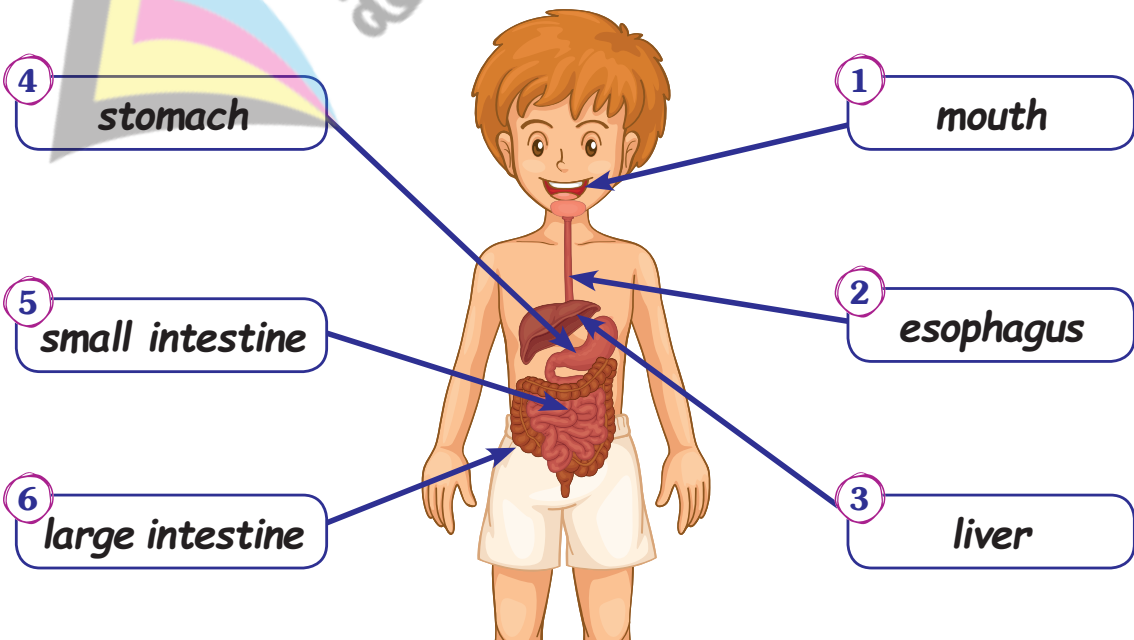
|          |                                                                                     |                |        |                                                                                       |       |
|----------|-------------------------------------------------------------------------------------|----------------|--------|---------------------------------------------------------------------------------------|-------|
| move     |  | يتحرك          | chew   |  | يمضغ  |
| go down  |  | ينزل           | put    |   | يضع   |
| arrive   |  | يصل            | remove |   | يزيل  |
| take     |  | يأخذ           | change |   | يغير  |
| take out |  | يستخرج - يُخرج | need   |  | يحتاج |

|       |                                                                                   |      |              |                                                                                     |           |
|-------|-----------------------------------------------------------------------------------|------|--------------|-------------------------------------------------------------------------------------|-----------|
| body  |  | جسم  | around       |  | حول       |
| salt  |  | ملح  | when         |   | عندما     |
| water |  | مياه | What happens |   | ماذا يحدث |

## Read and learn

### What happens in our body when we eat food?

- ① The **esophagus** goes from the mouth to the stomach.  
المرئ يصل من الفم إلى المعدة.
- ② When the food moves from the esophagus to the stomach, the **liver** takes out the fats.  
عندما يتحرك الطعام من المرئ إلى المعدة، الكبد يستخرج الدهون.
- ③ Food moves from the stomach to the **small intestine**.  
ينتقل الطعام من المعدة إلى الأمعاء الدقيقة.
- ④ The **large intestine** is around the small intestine. It takes water and salt from food for the body. It removes waste.  
الأمعاء الغليظة ملتفة حول الأمعاء الدقيقة، هي تستخلص الماء والملح للجسم، وتزيل الفضلات.

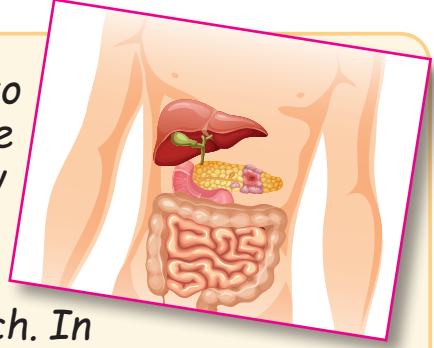


## When we eat ...

We use our digestive system to digest what we eat and drink. We put food in our mouths. We chew food with our teeth.

Then the food goes down the esophagus. It arrives in the stomach. In the stomach, the food mixes with a special liquid.

The liquid changes the food into energy and nutrients. We need the energy and nutrients in our body.

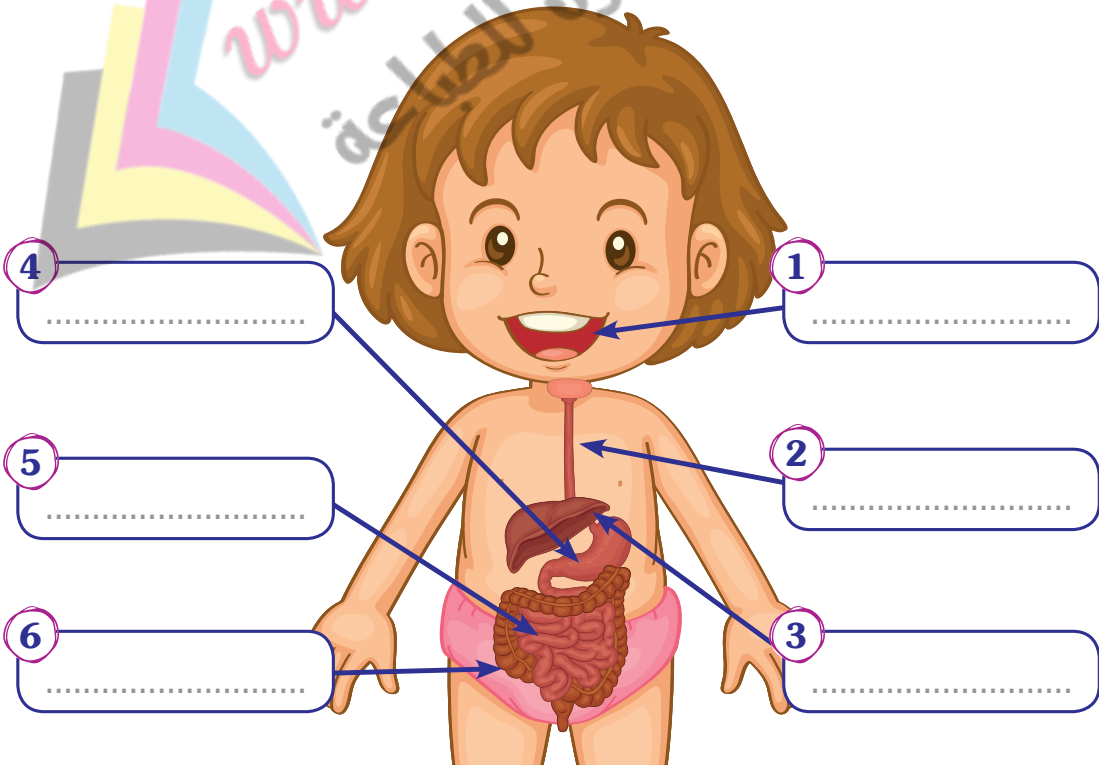


..... عندما نأكل

نستخدم جهازنا الهضمي لنهضم ما نأكله ونشربه. نضع الطعام في فمنا ثم نمضغ الطعام بأسناننا. ثم ينزل الطعام إلى المريء ويصل للمعدة. في المعدة يمتزج الطعام بسائل خاص، السائل يحول الطعام إلى طاقة ومواد مغذية. نحتاج الطاقة والمواد المغذية لأجسامنا.

## Exercises on Lesson 2 Part 1

## 1 Look and write the correct words:



2

**Rearrange the following sentences:**

- ☐ The large intestine is around the small intestine. It takes water and salt from food for the body. It removes waste.
- ☐ Food moves from the stomach to the small intestine.
- ☐ The esophagus goes from the mouth to the stomach.
- ☐ When the food moves from the esophagus to the stomach, the liver takes out the fats.

3

**Read and complete:**

*nutrients - teeth - liquid - eat - mixes*

When we eat ...

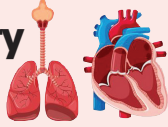









We use our digestive system to digest what we 1) ..... and drink. We put food in our mouths. We chew food with our 2) .....









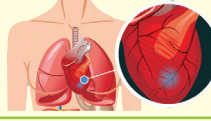


Then the food goes down the esophagus. It arrives in the stomach. In the stomach, the food 3) ..... with a special liquid.

The 4) ..... changes the food into energy and 5) ..... . We need the energy and nutrients in our body.

## Main Vocabulary

## الكلمات الأساسية في الدرس

|                    |                                                                                    |                |                |                                                                                     |                    |
|--------------------|------------------------------------------------------------------------------------|----------------|----------------|-------------------------------------------------------------------------------------|--------------------|
| respiratory system |   | الجهاز التنفسي | face           |   | وجه                |
| breathe            |   | يتنفس          | nose           |   | أنف                |
| lungs              |   | الرئتين        | pump           |   | يضخ                |
| diaphragm          |   | الحجاب الحاجز  | oxygen         |   | غاز الأكسجين       |
| muscle             |  | عضلة           | carbon dioxide |  | ثاني أكسيد الكربون |

|           |                                                                                     |                |                           |                                                                                      |                 |
|-----------|-------------------------------------------------------------------------------------|----------------|---------------------------|--------------------------------------------------------------------------------------|-----------------|
| take in   |  | يستشق          | heart                     |  | قلب             |
| give out  |  | يُخرج          | blood                     |  | دم              |
| pull into |  | يسحب داخل      | air                       |  | هواء            |
| push      |  | يدفع           | breathe in                |  | يستشق (شهيق)    |
| go up     |  | يصعد           | breathe out               |  | يُخرج (زفير)    |
| through   |  | خلال - من خلال | center                    |  | منتصف           |
| quickly   |  | بسرعة          | from one place to another |  | من مكان إلى آخر |



## Definitions تعريفات

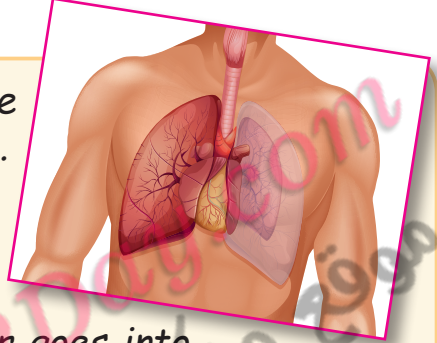
|                  |                                                   |
|------------------|---------------------------------------------------|
| <b>pump</b>      | : to move quickly from one place to another.      |
| <b>nose</b>      | : this is in the center of the face.              |
| <b>lungs</b>     | : We have two of these. They are inside the body. |
| <b>diaphragm</b> | : this is a muscle under the lungs.               |
| <b>breathe</b>   | : to take in oxygen and give out carbon dioxide.  |

## Our respiratory system

We use our respiratory system when we breathe. We need oxygen in our bodies. We breathe in air through our mouth and nose. Our diaphragm goes down. It pulls air into our lungs.

In the lungs, the oxygen from the air goes into our blood. Our heart pumps this blood around our body.

The diaphragm goes up. It pushes air with carbon dioxide out of our lungs. We breathe out.



## جهازنا التنفسي

نستخدم جهازنا التنفسي عندما نتنفس. نحتاج الأكسجين في أجسامنا. نستنشق الهواء من خلال الفم أو الأنف. حجابنا الحاجز ينزل ويسحب الهواء إلى داخل الرئتين. في الرئتين، يدخل الأكسجين من الهواء إلى دمائنا. يضخ القلب هذا الدم إلى جسمنا. الحجاب الحاجز يرتفع ويدفع ثاني أكسيد الكربون خارج الرئتين، حيث يحدث الزفير.

## ◆ How can we have a healthy respiratory system?

① Stay away from smoke.



② Exercise.

◆ كيف نحصل على جهاز تنفسي صحي؟

① ابتعد عن التدخين.



② مارس تمارين.

③ Put plants in your house.



③ ضع نباتات في منزلك.

④ Drink plenty of water.



④ اشرب الكثير من الماء.

## Exercises on Lesson 2 Part 2

1

Look and match the descriptions to the words:

| 'A'       | 'B'                                                |
|-----------|----------------------------------------------------|
| pump      | a) This is a muscle under the lungs.               |
| nose      | b) To move quickly from one place to another.      |
| lungs     | c) To take in oxygen and give out carbon dioxide.  |
| diaphragm | d) This is in the center of the face.              |
| breathe   | e) We have two of these. They are inside the body. |

2

Read the text again and put the sentences in the correct order:

- ☐ The diaphragm pulls air into our lungs.
- ☐ The diaphragm moves up and pushes the air out of our body.
- ☐ The heart pushes the blood around our body.
- ☐ We breathe through our mouth or nose.
- ☐ The diaphragm goes down.
- ☐ When the air arrives in our lungs, the oxygen goes into our blood.

3

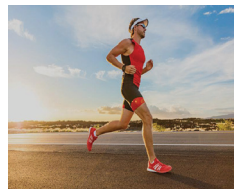
Look and match:

1 Stay away from smoke.

2 Exercise.

3 Put plants in your house.

4 Drink plenty of water.





## Lesson 3

## Main Vocabulary

## الكلمات الأساسية في الدرس

|               |                                                                                    |                         |                |                                                                                     |                |
|---------------|------------------------------------------------------------------------------------|-------------------------|----------------|-------------------------------------------------------------------------------------|----------------|
| healthy       |   | بصحة جيدة               | scrape (n)     |   | خدش (جرح)      |
| first aid kit |   | صندوق الإسعافات الأولية | band-aid       |   | ضمادة          |
| burn (n)      |   | حرق                     | gloves         |   | قفاز           |
| nosebleed     |   | نزيف الأنف              | sprain         |   | يلوي - يلتوي   |
| cough (v)     |  | يكح                     | pinch the nose |  | يضغط على الأنف |

|             |                                                                                     |          |              |                                                                                       |               |
|-------------|-------------------------------------------------------------------------------------|----------|--------------|---------------------------------------------------------------------------------------|---------------|
| scientist   |  | عالم     | practice (v) |  | أمارس - أتمرن |
| interesting |  | ممتع     | walk home    |   | يمشي للمنزل   |
| problem     |  | مشكلة    | press        |   | يضغط          |
| hurt (v)    |  | يؤلم     | hold         |   | يمسك          |
| cut his leg |  | جرح رجله | hit          |   | يضرب          |
| back        |  | ظهر      | put on       |   | يرتدي         |

|                                                                                                |                  |                                                                                                 |          |
|------------------------------------------------------------------------------------------------|------------------|-------------------------------------------------------------------------------------------------|----------|
| every day     | كل يوم           | kind friend  | صديق طيب |
| once a week   | مرة في الأسبوع   | plants        | نباتات   |
| twice a week  | مرتان في الأسبوع | soap          | صابون    |
| sometimes     | أحياناً          | redo          | يعيد عمل |
| usually       | عادة             | fruit        | فاكهة    |
| never         | أبداً - مطلقاً   | butter        | زبدة     |
| continue     | يواصل - يستمر    | candy        | حلوى     |



## Read and learn

- ☆ Someone falls over and cuts their leg. Be a kind friend.
- ☆ Ask them to sit down.
- ☆ Put on gloves.
- ☆ Wash the scrape with water and soap.
- ☆ Put on a band-aid.
- ☆ The next day, wash the scrape with soap and water again. Redo the band-aid.



- ☆ شخص ما سقط وجرح رجله. كن صديق طيب.
- ☆ أطلب منه أن يجلس.
- ☆ ارتدي قفازاً.
- ☆ اغسل الخدش (الجرح) بالماء والصابون.
- ☆ ضع عليه ضمادة.
- ☆ في اليوم التالي، اغسل الخدش (الجرح) بالماء والصابون مرة أخرى ثم ضع ضمادة ثانية.

نكن but - و and

○ We use “and” to add two ideas together.

✍ تربط بين جملتين تُعبران عن أفكار متشابهة أو معنى واحد.

and و

✦ I like science and maths.

○ We use “but” to contrast two ideas.

✍ تربط بين جملتين تُعبران عن التناقض.

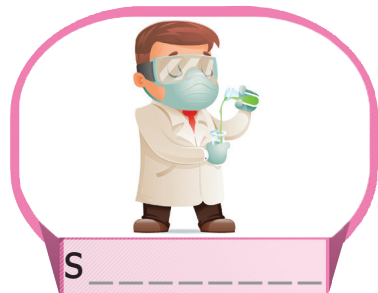
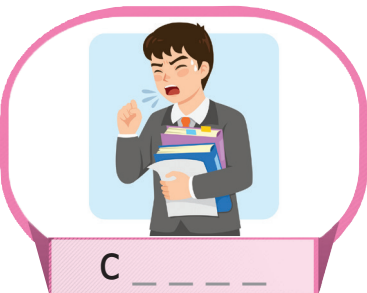
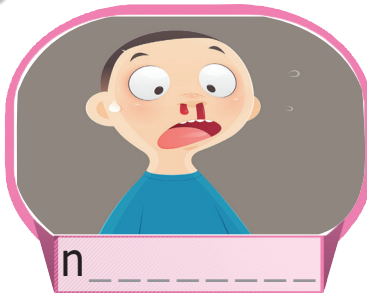
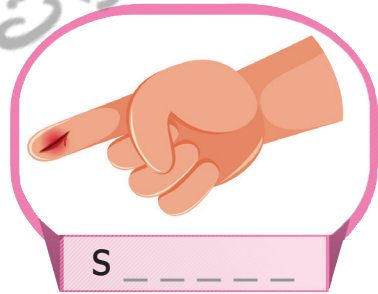
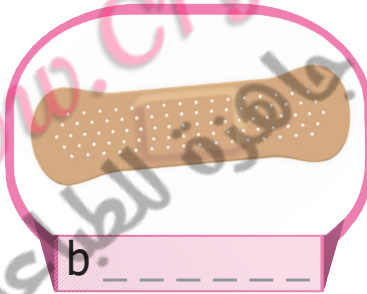
but نكن

✦ They played well, but they didn't win the match.

### Exercises on Lesson 3

1

Supply the missing letters:



2

**Rearrange the following sentences:**

- ☐ Ask them to sit down.
- ☐ Someone falls over and cuts their leg. Be a kind friend.
- ☐ The next day, wash the scrape with soap and water again. Redo the band-aid.
- ☐ Put on gloves.
- ☐ Wash the scrape with water and soap.
- ☐ Put on a band-aid.

3

**Complete the sentences with “and” or “but”:**

- 1 I don't eat candy, ..... I like fruit.
- 2 I drink cola, ..... I want to drink more water.
- 3 I play basketball ..... I play football in the park.
- 4 Dad is a scientist ..... he likes looking at animals and plants.
- 5 It's very interesting, ..... it's very hot sometimes!
- 6 I love burgers, ..... I only eat one a week.

4

**Choose the correct word(s):**

- 1 Fatima loves ice cream (and – but) chocolate.
- 2 My dad is Egyptian, (and – but) his dad is French.
- 3 Waleed speaks English, (and – but) he can't speak Chinese.
- 4 We wash a scrape (and – but) stick a band-aid.
- 5 I practice basketball twice a week, (and – but) I walk home from school every day.
- 6 I love playing video games (and – but) I only play them once a week.



## Lesson 4

## Main Vocabulary

## الكلمات الأساسية في الدرس

|               |                                                                                     |                      |                     |                                                                                       |                         |
|---------------|-------------------------------------------------------------------------------------|----------------------|---------------------|---------------------------------------------------------------------------------------|-------------------------|
| flapjacks     |    | فطائر محلاه - بسكويت | sad                 |     | حزين                    |
| cookies       |    | بسكويت               | a bit worried       |    | قلقان قليلاً            |
| oats          |    | شوفان                | excited             |     | مثار - فرحان            |
| honey         |    | عسل نحل              | apartment           |     | شقة                     |
| cake          |    | كيك                  | arrive at           |     | يصل إلى                 |
| plate         |   | طبق                  | friends             |    | أصدقاء                  |
| Try a little! |  | جربي القليل.         | parents             |   | الوالدين                |
| one day       |  | يومٍ ما              | smile               |  | يبتسم                   |
| British       |  | بريطانية             | talk together a lot |  | يتحدثون مع بعضهم كثيراً |

The prefix "re" means again. البادئة "re" تعني مرة أخرى.

|       |              |         |            |
|-------|--------------|---------|------------|
| do    | يفعل         | redo    | يعيد عمل   |
| paint | يطلي - يدهن  | repaint | يعيد طلاء  |
| clean | ينظف         | reclean | يعيد تنظيف |
| made  | أعد          | remade  | أعاد إعداد |
| did   | فعل - قام بـ | redid   | أعاد عمل   |

## Read and learn

☆ A prime number is a number you can divide only by itself and "1", e.g. 2, 3, 5 etc.

☆ العدد الأولي هو العدد الذي يمكن قسمته على نفسه فقط وعلى الرقم "1" مثل 2، 3، 5.... وهكذا.

### Talia learns to love flapjacks!

Talia and Suzanne are good friends.  
Talia is Egyptian and Suzanne is British.  
Their parents are friends too. They talk together a lot. They are sad when they say goodbye.



One day, Talia goes to Suzanne's apartment.  
Talia is excited, but she is a bit worried. What is British food?  
Will she like it?

Talia and her Mom arrive at Suzanne's family's apartment.  
Suzanne says, 'Please have some tea, Talia. Would you like a flapjack? My mom and I made them.'

Suzanne has a plate in her hands. On the plate there are big, square cookies. Talia looks at the flapjacks.

'Suzanne, I am very happy you made them for me, but what is a flapjack?' she asks.

Suzanne says, 'They are cookies. I make them with oats, butter, and honey. Try a little.'

Talia's mom smiles too. Talia tries a flapjack. It's delicious!  
'I love it!' she says. 'How do you make them?'

Suzanne says, 'It's very easy. Next time you visit we can make them together!'

Talia says, 'What a great idea!'

تاليا وسوزان أصدقاء جيدين. تاليا مصرية وسوزان بريطانية. والديهما أصدقاء أيضاً. هما يتحدثان مع بعضهما كثيراً. هما يشعران بالحزن عندما يفارقان بعضهما.

في يوم ما، تاليا تذهب إلى شقة سوزان. تاليا تشعر بالفرح ولكنها متوترة قليلاً. ما هو الطعام البريطاني؟ هل ستجبه؟ تاليا وأُمها وصلا إلى شقة أسرة سوزان. سوزان تقول من فضلك تفضلي بعض الشاي يا تاليا. هل تودين فلاب جاك؟ أمي وأنا أعددها.

سوزان معها طبق في يديها وعلى الطبق يوجد قطع بسكويت كبيرة مربعة. تاليا تنظر إلى الفلاب جاك. "سوزان، أنا سعيدة أنك أعددت هذا من أجلي ولكن ما هو الفلاب جاك؟" هي تسأل.

سوزان تقول، "إنه نوع من البسكويت. أنا أعدده بالشوفان والزبدة وعسل النحل. جربي منه قليلاً."

أم تاليا تبتسم أيضاً. تاليا تجرب الفلاب جاك. إنه لذيذ! "أنا أحبه!" هي تقول، "كيف تعدينه؟"

سوزان تقول، "إنه سهل جداً. المرة القادمة عندما تزوريني نستطيع أن نعدده سوياً." تاليا تقول، "يا لها من فكرة رائعة."

## Exercises on Lesson 4

1

Read the text again and answer the questions:

- ① Who are Talia and Suzanne?



- ② Where are they?



Read again and answer T (True) or F (False):

- ③ Suzanne goes to Talia's family's apartment.



- ④ Suzanne is from Egypt.



- ⑤ Talia hates flapjacks.



- ⑥ Talia wants to make flapjacks.



- ⑦ You need apples to make flapjacks.



2

Supply the missing letters:



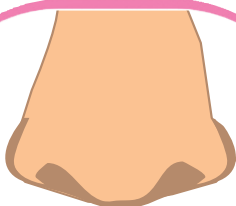
b \_ g



c \_ k \_



m \_ m



n \_ s \_



m \_ x



r \_ c \_



3

## Read and change the verbs with "re":

1 He painted his house again.

.....

2 She cleaned her bike again.

.....

3 He made flapjacks again.

.....

4 She did her homework again.

.....

4

## Circle the prime numbers:

10

12

3

89

43

5

9

37

4

13

5

## Complete the sentences with verbs with "re":

*paint - make - clean - do*

1 I need to ..... my garden table.

2 The kitchen was clean this morning, but now I need to ..... it.

3 Today I need to ..... my little brother's band-aid.

4 I burnt the pancakes – I have to ..... them.

## Lesson

## 5

## Main Vocabulary

## الكلمات الأساسية في الدرس

|               |                                                                                     |             |            |                                                                                      |             |
|---------------|-------------------------------------------------------------------------------------|-------------|------------|--------------------------------------------------------------------------------------|-------------|
| Damietta      |    | دمياط       | wheat      |    | قمح         |
| governorate   |    | محافظة      | lemons     |   | ليمون       |
| Domiat cheese |    | جبنة دمياطي | guavas     |   | جوافة       |
| land          |    | أرض         | part       |    | جزء         |
| full of       |    | مملوءة بـ   | famous     |    | مشهور       |
| nutrients     |   | مواد غذائية | fishermen  |   | صيادين      |
| life          |  | الحياة      | catch fish |  | يصطادوا سمك |

## Read and learn

## Food from Damietta governorate

The land in Damietta governorate is full of nutrients. The farmers can grow rice, tomatoes, potatoes, wheat, lemons, grapes, and guavas.

Fishermen catch thousands of fish in the sea. Cows, goats, and sheep live in Damietta governorate too. Domiat cheese is very famous.

About one and a half million people live in this part of Egypt. Life is good in Damietta!

## الطعام من محافظة دمياط

الأرض في محافظة دمياط غنية بالمواد الغذائية. الفلاحين يمكنهم زراعة الأرز والطماطم والبطاطس والقمح والليمون والعنب والجوافة.

الصيادون يصطادون آلاف الأسماك من البحر. الأبقار والماعز والأغنام تعيش في محافظة دمياط. أيضاً الجبنة الدمياطي مشهورة جداً.

حوالي واحد ونصف مليون شخص يعيشون في هذا الجزء من مصر. الحياة جيدة في محافظة دمياط.



## Exercises on Lesson 5

1

**Read the text again and match (A) with (B):**

| 'A'                           | 'B'                                              |
|-------------------------------|--------------------------------------------------|
| ① Damietta is famous          | a) live in Damietta governorate.                 |
| ② The animals you see         | b) tomatoes, potatoes, wheat, lemons and guavas. |
| ③ The farmers grow            | c) for Domiati cheese.                           |
| ④ About 1.5 million Egyptians | f) in Damietta are goats, cows and sheep.        |

2

### Choose another governorate and write about it:

- 1 Write down everything you know about the place.
- 2 Think what information you need.
  - Where is it?
  - What do farmers produce there?
  - What food comes from there?
  - Who lives there?

[illegible]

## Unit 1 Test 1



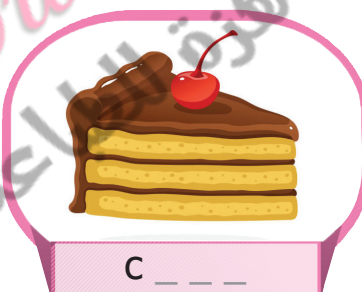
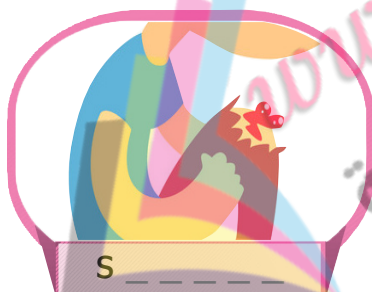
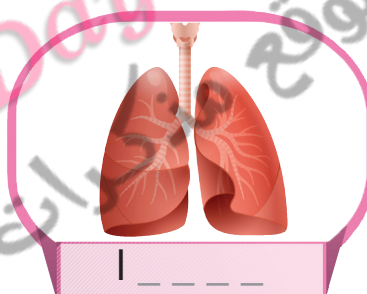
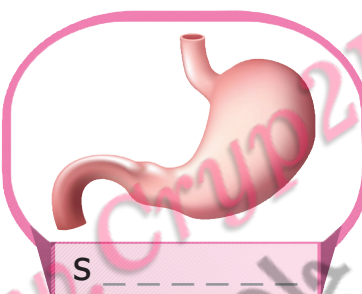
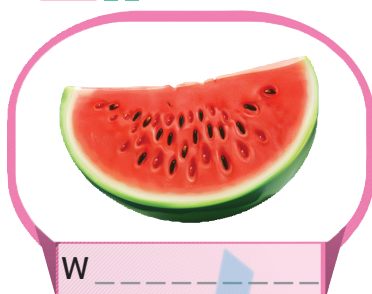
## 1 Match "A" with "B":

(4Ms)

| 'A'                          | 'B'                   |
|------------------------------|-----------------------|
| ① 2 and 3 are                | a) My sister Maha.    |
| ② Who never drinks cola?     | b) Lunch.             |
| ③ The band-aid is in         | c) prime numbers.     |
| ④ What meal are they having? | d) the first-aid kit. |

## 2 Supply the missing letters:

(6Ms)



## 3 Choose the correct word(s):

(8Ms)

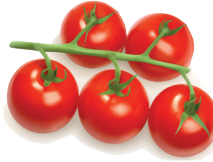
- ① We get (meat – chicken – eggs) from cows.
- ② I like grapes (so – but – and) bananas.
- ③ We (pumps – breathe – removes) in air through our mouth and nose.
- ④ The food we eat changes into (fats – nutrients – drinks) in our body.
- ⑤ We should drink plenty of (cola – water – burger).
- ⑥ I like plants, (but – and – so) I don't grow them in my house.

- 7 Let's (eating – eats – eat) some flapjacks.  
 8 We should eat and do (healthy – bad – sad) things.

#### 4 Look at the picture and(✓):

(4Ms)

- 1 I like potatoes.



Yes

No

☐
☐

- 2 He's a farmer.


☐
☐

- 3 This is the respiratory system.


☐
☐

- 4 They are friends.


☐
☐

#### 5 Look at the picture and write 3 sentences:

(3Ms)

like - make - delicious

1

.....

2

.....

3

.....



#### 6 Circle the odd one out:

(3Ms)

- 1 governorate – scientist – fisherman – farmer

- 2 repaint – reclean – made – redo

- 3 13 – 4 – 19 – 23

#### 7 Punctuate the following sentences:

(3Ms)

- 1 who are talia and suzanne

.....

- 2 i like my country egypt

.....